

# Field Form & Forest

## HOW TO DRESS FOR NATURE SCHOOL (WHEN IT'S COLD AND/OR WET!)

To ensure your child is warm, dry, and happy outdoors, please take a look at our recommended 1-2-3-4 layering system. If you have any questions or need help obtaining clothing, let us know!

### Layer 1: BASE LAYER

This layer is closest to your child's skin and should be slim fitting. Wool, wool blends, silk, or synthetic materials like polyester are recommended. Cotton is NOT recommended as it absorbs moisture and is a poor insulator. Socks should be tall (no ankle or cotton socks!)



### Layer 2: MID LAYER

This looser fitting layer adds a cozy insulating layer over top of the base layers. We recommend fleece or wool - a pair of pant bottoms and a pullover or zip up top work great. Add a fleece or down vest over top on those extra cold days.

### Layer 3: OUTER LAYER

*(Swap with rain gear for spring)*

Snow pants/suits and boots should be insulated and waterproof. For cold, DRY days, puffy jackets are best - down filled or synthetic. For cold, WET days, an insulated waterproof jacket (like a ski jacket) is best. A shell over a puffy also works. When it's extra wet, rain suits or rain pants can be worn over top of this layer for extra protection.



*(Swap with rain mittens for spring)*

### Layer 4: ACCESSORIES

Mittens/gloves should be insulated and waterproof and have a long, over sized cuff to fit OVER coat sleeves. Pack TWO PAIRS. For extra cold days, a thin pair of wool, fleece, or synthetic gloves can be worn underneath them. Hats, neckies, and balaclavas keep necks, cheeks, ears, and heads extra warm and protected. - fleece or wool is best.

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## Our Favorite Gear and Where to Find It!

*\*We also have a collection of donated gear at school that your child is welcome to borrow. Just let us know what you need and we'll check if we have it!*

### **Favorite Brands**

*Base and Mid Layers:* Reima, Polarn O. Pyret, Nui Organics, Ellas Wool, Chasing Windmills, Iksplor, L.L. Bean, Lands End, Helly Hansen, Patagonia, Ice Breaker

*Snow Pants, Jackets, and Suits:* Reima, Polarn O. Pyret, Patagonia, L.L. Bean, Lands End, Helly Hansen Dridriksons

*Snow Mittens:* Reima, Polarn O. Pyret, Didriksons, Stonz, MTCi (budget)

*Socks:* Darn Tough, Farm to Feet, Smartwool, Reima, REI

*Snow Boots:* Oaki, Bogs, Muck Boot Company, Kamik

*Rain Pants, Jackets, and Suits:* Oaki, Polarn O. Pyret, Reima, Celavi, Helly Hansen, Didriksons, Tuffo

*Rain Mittens:* Reima, Polarn O. Pyret

*Rain Boots:* Oaki, Lone Cone, Crocs, Bogs

### **Where to shop**

*Local:* H.O.P.E Thrift store (Lyndonville), Little Red Wagon Consignment (Littleton), Franconia Basecamp Consignment (Franconia), Gear Again (White River Junction), Outdoor Gear Exchange (Burlington)

*Online Secondhand:* Facebook Marketplace, Poshmark, Mercari, Patagonia Worn Wear

*Online Resources:* Outdoor School Shop